

Short- and Long-Term Survival Preparation



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Introduction

Let's face it. It is a scary world out there. At any given moment disaster could strike. Are you prepared to face what is coming? No one wants to be an alarmist but if you pay attention to even the slightest bit of news you will realize that there are disasters beyond our control that could happen at any given moment in time.

If you were left to fend for yourself or your family, do you think you are prepared to ride out whatever comes your way?

Can you list the types of disasters that could strike without a moment's notice? To name a few: Hurricanes, Tornados, Floods, Fires, Earthquakes, Electro-Magnetic Pulse (EMP), Terrorist Attack, Financial Collapse, Civil Unrest, Transportation/Fuel Disruption, Food Disruption. All are possible and if you are not prepared you will surely be left behind to figure out how to survive on your own.

Most people go through their days and weeks not ever thinking about the "what if's." What if the grocery store could not get food deliveries? What if the ATM didn't work? If the water becomes poisoned, where will I get fresh water? If an EMP hits, how will I get electricity? Do I have the right types of weapons to protect my life and property?

These are all things that you need to think about...NOW! Tomorrow is too late.

People who live in large metropolitan areas are going to be the worst hit by a disaster. When there are no food delivery trucks, there will be riots on the street as everyone will be stealing food. Do you have a way to protect yours?

Do you have a "bug out" plan? Do you have somewhere you can go in an emergency when a disaster strikes? You need to think about a way out of your area and come up with a plan for your family to meet at a safe place.

All of the information contained in this report is not to scare you but to make you aware that disasters do strike and you do need to be prepared.

The worst situation to find yourself in is one where you have not prepared. It is far too late to start thinking about it after disaster strikes.

The information contained in this book will get you started down the path to survival. We can't cover every scenario but we can help you to start thinking about the things you need to do in order to become one of the survivors.

If you don't like the term "Prepper" because that sounds too far "out there," don't use it. Just think of yourself as someone who is a "Survivalist." ☺

Chapter 1: Why You Need to Plan for Both Short- and Long-Term Survival

Certain countries on Earth come with the chance that a short-term or long-term disaster could strike. In the U.S., the Midwest is prone to tornadoes and any area can be prone to floods or fire. Earthquakes seem to occur mostly in California but they have been happening randomly throughout the country. Hurricanes are an east coast phenomenon along with the Gulf states including Texas.

Other parts of the world are also prone to disasters according to where they are situated. Tsunami's have been known to hit the Far East but they can occur anywhere and their shockwaves can reach miles away...sometimes thousands of miles.

Some disaster emergencies are shorter than others or, worst case scenario, they can last weeks, months or years at a time. Not being prepared for any type of disaster is itself a disaster to your survival.

Our world is always under threat – politics, weather, and germs. No one can be sure what will happen today or tomorrow. You could wake up to a beautiful blue sky and then something happens such as a disaster to cause panic and pandemonium.

Do you have a short-term plan for survival? What about a long-term survival plan? Have you given any thought as to what you would do if disaster strikes? No? I can guarantee you that not many people have.

Don't be left wondering where you will go for water, food, shelter. Have a plan in place BEFORE disaster strikes. The key word here being "before." The day of the disaster is too late.

If you are one of those people who have never given a second thought to your survival or your family's survival, now is the time to start preparing. No one can do everything all at once but you do need to start gathering items a few or a little at a time. Pick up some freeze dried food here, some water there, gather first-aid supplies, fire starters, sleeping and food preparation items, light sources, and protection.

All of this takes time and money but you don't have to feel like you need to drain your bank account today. Like I said, start gathering items slowly. Even if you start with a few items you will see that over time your "stash" will grow and you will become more comfortable knowing that you and your family will survive.

Surviving disasters can mean the difference between life and death. The disasters that are beyond our control, such as EMP's, are the type of disasters that you want to be the most prepared.

Chapter 2: Bug Out Bag Prep for Your Family's Survival

A good place to start preparing is to assemble a "Bug-Out Bag" for each member of your family. A bug-out bag is a backpack (long-term) or other nylon-type bag (short-term) that you and everyone in your family will supply with everything you need to survive at least 72 hours. The purpose of this type of bag is to be able to grab it and go.

The short-term bag will get you through a night or two if needed. The long-term bag will allow you to survive for a minimum of a week.

So what do I put into my bug-out bag?

Bag: You want to make sure you have a bag that has a main compartment with straps for tying down your sleeping bag, tent and lightweight pad. Most bags come with pockets for maps, radios and miscellaneous. They will also have larger pockets on the back or bottom where you can carry your food. Most will have mesh pockets as well for storing all of your other necessary items.

There are ready-made bug-out-bags that you can purchase but make sure they have everything you will need. Don't rely on what is packed in the bag. Make a checklist for yourself to make sure nothing is overlooked.

Food: Freeze-dried foods or MRE's are always best. They require water and a heat source to prepare and stay fresh because of the way they are sealed.

Water: Pack enough water to last for at least three days. After that time, you should have made your way to a creek or other fresh water source. Take an empty container or something to collect the water. Don't forget to pack some water purifying tablets or a container that has bleach. Bring enough bleach to purify your water for at least a week.

Heat Source: You need fire for cooking or boiling water and you need fire for warmth. Waterproof matches are best or a fire starter will work as well.

Dishes/Pans: You can pick up a basic camping set which usually includes everything in one small bundle and it opens up to a pan, a bowl and eating utensils.

Clothes: Pack enough clothes (warm and cold) for two days. You will be wearing one set of clothes so that will count as your third set. Some must-have items are: long pants, long-sleeved shirts and extra socks. You never know what nature will throw at you so it is best to bring along warm clothes even if it is summer time. Some areas can get extremely cool at night and they will also protect you from pesky mosquitoes, etc. A good pair of hiking boots is a necessity.

Rain Gear: Bring along a lightweight poncho and a hat. Sunglasses are needed to protect your eyes for long periods of time in the sun. Also pack a bandana (can be used for a variety of uses).

Shelter: Purchase a lightweight tent and sleeping bag for each backpack. Don't forget about a tarp and some cord in case it starts raining and you want to set up a protected area. You could also purchase a lightweight pad to put under the sleeping bag to keep you from sleeping directly on the ground. Lightweight blankets are also good to include.

Personal Hygiene: Bring a toothbrush, toothpaste, comb or any other personal toiletries you care to include. A small soap, shampoo and deodorant can be purchased in the travel section of most grocery stores.

First-aid Kit: probably the most important item you will carrying. You will want to carry bandages, gauze, scissors, needles, antiseptic, anti-itch creams aspirin, ibuprofen, etc. Think of what you use at home the most but might need if you have to bug out into the wilderness or as if you were going camping.

Flashlight: Make sure every member of your family has their own flashlight. When a disaster strikes it is going to be extremely dark and each person should have one to use after the sun goes down. They can keep it with them in their sleeping bag and if they need to get up at night they can find their way around the camp site. Don't forget extra batteries. If you prefer, buy solar-powered flashlights so you don't have to rely on batteries.

Fishing Gear: If you are going to be finding your way to a stream or lake, you will want to have the ability to fish when you get there. Bring along a collapsible fishing pole, a knife and a multi-tool.

Maps: Pack some maps of your area and how you will get to streams or lakes for water and fishing. With an unlimited water and fish supply your chances of survival go up exponentially. Put a map in each family member's survival bag and mark a "safe place" where everyone knows to meet after a disaster.

Emergency Radio: If there are broadcasts being made about the situation, you want to be able to stay on top of the news. An emergency radio can be wound up in order for it to work. There are emergency solar hand-crank weather alert radios that include a flashlight and smart phone charger all in one convenient piece of equipment.

Cell Phone: A cell phone can come in handy to communicate with everyone in your family but there is also the problem of re-charging the phone. There are solar-powered re-chargers available so it might be wise to invest in one. You won't need one for everybody; just one to charge everyone's phone will do.

Important Papers: It sounds crazy but you should bring along your important papers in case you need insurance numbers, wills, etc. Bring along any papers that you think you might need in a short- or long-term situation.

Protection: Some people don't like guns (or knives) and that is ok. But when the world falls apart you are going to need a way to protect your most treasured possessions: you and your family. People become extremely different (and sometimes violent) when it comes to survival mode. You won't even know your neighbors if they are starving and looking for food. It is survival of the fittest in this type of world.

Miscellaneous: Sturdy gloves will allow you to pick up wood without getting splinters or you will find other uses where you need to protect your hands. You will need a small axe for chopping wood or clearing debris for your camp site. A folding shovel and duct tape will be useful as well.

You may need your short-term bag before your long-term bag so make sure you have that ready to go with any items you might need for a shorter amount of time. You can take this one with you wherever you go and you will have it in case of an emergency. You can even store this when in your car. It never hurts to be prepared for any emergency even if it is becoming stranded along the highway or in a remote area.

Chapter 3: Having Survival Plans in Place at All Times

As mentioned in the last chapter, you really need to be prepared at all times for a disaster to strike. Disasters are unpredictable and you don't want to be caught off-guard when it comes to your survival.

It is always a good idea to have bug-out-bags wherever you are and in any situation. Some people have a bag at work, one in their car and one at home. You might say "overkill" but wouldn't you rather be safe than sorry? I know I would.

Take the time to sit down with your family and loves ones to come up with plans as to where everyone is going to meet. This may not sound like something you will ever need but what if the worst does happen and you can't get ahold of anyone?

When cell phone towers no longer work, when your phone and internet are down, how are you going to communicate with your family? Don't have a plan in place to make sure your family is going to be able to find their way to you? I didn't think so.

Let them laugh or sneer all they want but they will thank you when and if disaster strikes. Tell them in the meeting that you "know this will never happen" (all the while knowing it might) but you just want to be able to ensure that everyone is safe and will be able to find their way to the safe place you designate.

In today's world of instant communication and electronics, no one ever thinks that they won't be able to pick up their cell phone, hardline phone or sit down on their computer and write an Instant Message.

Disaster does strike and it can happen to you and your family. During natural disasters alone, electricity can be out for days or weeks. Then what? There are millions of people who have not given this a second thought. These are the type of people who think that electricity will always be there and nothing will ever happen. Boy, are they going to be surprised when it does happen!

In your family meeting, come up with plans for various scenarios in case you do happen to be split up when the disaster strikes.

Daytime: Daytime is the easiest scenario because of the abundant amount of light. It is easy to find your way around your neighborhood or your city. The easiest place for everyone to meet is at your home.

Because of the amount of people in a metropolitan area, it may take you some time to make your way home. Highways and subways will be jammed so it will probably take you longer. Be sure to make it mandatory that everyone stay put until everyone has made it to the designated place before anyone decides to strike out on their own.

Night Time: This scenario is a little trickier because there will no lights. It is amazingly dark when all the lights have gone out. It becomes extremely hard to see anything. Again, the main point here is for everyone to find their way to the designated place as safely and as quickly as possible.

Since most of the lights, subways, trains and other modes of transportation will have stopped working, you will be in a much more precarious scenario to make sure that everyone makes it safely to your designated spot.

Emergency: A miscellaneous emergency or disaster could arrive at any time. Don't let anyone get a false sense of security. You don't want to scare or alarm your family but they need to be told the truth. Disasters do happen and they can and do harm people and can cause a lot of damage.

Miscellaneous: There are other scenarios, for example, such as you are in one city and your child is away at college in the same state. What will you do? Where will they go? They will most likely want to find their way to you because they are scared or frightened and don't know what to do.

Those who have prepared will survive. Sit down and take a minute to think about what has been laid out above. What if you don't have a survival plan in place? What will happen to your family? They are going to be alone, not knowing what to do or how to find you.

If they do find you, how are you going to provide for their well-being? Do you have enough food, water and other provisions to ensure their needs will be taken care of?

Preparing for survival is essential. There is no doubt that at some point in your life time you will probably experience a disaster. It is better to be prepared today than to wish you had been prepared yesterday.

Chapter 4: Teaching Your Kids About Survival

As mentioned previously, there is a fine line between preparing your family and scaring your family. They also need to be made aware that this is real and these types of disasters do happen.

Depending on the way you present the information they may take you seriously or laugh it off. Kids believe they are invincible and nothing will harm them much less think about these types of things.

That is why it is up to us as adults to do all the planning and ensure that they are made aware that, yes, these types of scenarios do occur and that you want to prepare as a family to ensure that you will all survive.

The best way to accomplish this is to include them in the planning and preparation. Besides having the family meeting to tell them where to meet, you need to discuss with them the tasks that need to be accomplished beforehand.

Give each member of your family a task. Even the smallest members of your family can contribute in some way. Buy them a little tote bag that they can fill with their favorite toys or games. This will allow them to think they are contributing and it will give them something to do if and when disaster strikes.

Other children can make their own bug-out-bags. Tell them why this type of bag is needed. Tell them they may have to carry other items for their other siblings if the sibling is too small to carry their own bag.

Preparing your children mentally will plant the seeds in their head. It may not register right away but have regular meetings once a month or every few months just to make sure it sticks. You will have said it out loud, they will have heard it and, hopefully, in a time of disaster it will all come flooding back to their frontal lobe instead of being stuffed away in an unknown part of their brain 😊

One of the more important aspects of survival is teaching your kids (or other family members who are joining you to survive) that what goes on in your home stays in your home.

You do not want them talking with others about your plans and certainly don't want anyone else knowing what you have at your house. If Johnny or Susie goes to school and tells everyone about your preparation and plans, guess who will show up on your

doorstep knowing everything you have done to survive? That's right, Johnny and Susie's parents.

As mentioned earlier, people turn ugly during disasters. Don't get caught off-guard with unwanted guests or neighbors who know exactly what you have at your home or safe place.

Chapter 5: Investing in a Long-Term Prepper Place

If you have ever thought of buying a second home, now is the time to do it. Buy a home somewhere not too far from where you live that you can access by foot. You want to buy a place at least 25-50 miles from your current home.

You also want to look for a home that is near a water source. Look for property on or near a lake, a stream or basically anywhere there will be fresh water available for drinking, cooking and bathing.

A preferable location is located far off the beaten path and not easily seen from passersby on a road. The last thing you want is people to assume that someone is living down that dirt road. When people start scavenging, they will walk down that dirt road to see what is available. You don't want strangers to show up on your doorstep.

You can set up a home that is either "on the grid" or "off the grid." What do I mean by that?

On the grid means that you are still going to be connected to city services such as water, electricity, phone, sanitation, etc. You are still near gas stations, grocery stores and all the other comforts of your current home. The only difference is that you are not in as populated of an area.

Off the grid means exactly that. This home will be self-sufficient in that you won't need any services from the city or anything else. You will have figured out your own way to grow food, collect water, and any other necessities you will need to survive.

Look for a piece of land where you have lots of space to grow a garden and to raise livestock. Invest in chickens, build a chicken coop, invest and store seeds, buy a goat, etc.

If you have a large piece of land, you could invest in a couple of cows and a horse. This is the reason I suggest buying the land not too far from where you live. You will most likely need to visit the property often if you have livestock in order to feed and care for the animals.

The most important piece of information I can share with you is to make sure that your property is fortified against intruders. When people become desperate they do desperate things. You may be a good Samaritan and don't mind sharing but think what will happen when that person tells their friends and they tell their friends. You will end up with nothing and all of your hard work will have been in vain.

This could even turn into a dangerous situation. You have the best of intentions but others will take advantage if they are trying to feed themselves or their own family.

You will need to invest in ammunition and arms to protect your property. Devise a plan for standing watch when you do have to make your exit to this property so that someone is always on guard during the evening/night time hours.

Chapter 6: Alternative Bug Out Ideas

In the last chapter we touched on physical bug out "Prepper or Survivalist" places such as staying within your own home or buying a piece of property to start your preparations.

What about a mobile bug out place?

A mobile home can be a great bug out idea that you can load up and keep parked in your driveway. You could also buy a small piece of property near a lake or stream and place the camper or motor home on the property when it is time to leave your current home.

You would basically need to set up the camper or motor home the same that you would your permanent bug out home. Include all of the same items that you would already be buying.

For a smaller item such as a camper or mobile home, though, you might want to think about building a storage shed or an underground food storage bunker to give you extra room for your supplies.

Be careful if you are thinking about digging a hole. You will attract a lot of attention if you bring a backhoe onto your property. People are very curious (and nosy). You could put up a common garden shed and no one would be the wiser. Modify it internally with shelves and protection however you see fit. Make sure the shed has a way of maintaining a moderate temperature at all times.

Above-ground storage shelters are much easier to build rather than going underground. With underground you will have to do waterproofing and durable doors so you won't have unwanted intruders try to steal all of your supplies. You might need to add power, water or both if it is a big enough underground space.

Your other alternative to a mobile source is a boat. Have your boat loaded for bugging out. Boats are extremely easy to move around and no one would be the wiser to your prepping and supplying your boat with bug-out items.

If you are fortunate enough to live on the water; even better. The bigger the boat the more you can stash. A great Prepper boat would come with enough places for your family to sleep and will include many of the items that are discussed here in this book.

Treat the boat as if it were your home. Make sure you have the necessary items to cook, eat, sleep and protect yourself from intruders and the elements. You will most likely want enough to last for a couple of weeks.

Always make sure these two items have a full tank so you are ready to bug out!

Chapter 7: Energy Options to Help You With Your Survival

Now is the time to stock up on batteries and battery-powered devices. Almost everything we own today runs off of batteries or electricity. You want to make sure that you have plenty on hand to run all those devices. What are you going to do when you can't flip a switch to turn on that electric light?

There is a variety of options when it comes to light sources:

- Lantern Lights
- Battery Powered Lanterns
- Flameless Candles
- Weatherproof Battery Candles
- Fluorescent Lights/Battery Powered
- LED Lights

- Rechargeable Batteries (Shelf life of 4 years or less—keep all standard sizes on hand)

Some other devices you might want to think about purchasing to keep abreast of everything going on outside your property:

- Police Scanner
- Shortwave Radio
- CB Radio
- AM/FM Radio (preferably wind-up)

Solar power is another option. There are several devices that are now available as solar-powered vs. electric. A device might use both but in order to survive when the electricity goes out, you will probably want all of them to have one or both ways to provide electricity.

One of the most important resources you are going to need and store is water. As we all know, we can't survive without water. You need to either devise a way to capture rainwater or make sure that if you do live by freshwater you have a place to transport it and store it.

There are rain barrels which work with the gutter system on your home. The rain flows through the gutter into large plastic barrels via a pipe system. For your off-grid home (or your current home) it is a good idea to put these barrels right next to your home and catch all that natural water.

Remember, you are going to need water for almost everything you do while trying to survive. Water for drinking, water for your livestock, boiled water for your meals, plus water to bathe. This can't be stressed enough!

Chapter 8: Planning Your Prepper Garden

If you want to truly be in survival mode you are going to have to think about how you are going to grow food. Even if you live in the city, you can still plant vegetables. How you ask? There are actually a couple of different ways.

Bucket Garden. Buy large buckets and fill them with dirt. Just like a flower garden with pots and soil. It is the same concept. In fact, if you do live in the city and already have a flower garden, this would make a perfect transition to a food garden.

The first thing you are going to need to do is secure some seeds. There are vegetable seeds, of course, but don't forget about herb seeds to give your food a little extra flavor.

There are a couple of types of seeds:

Open pollination seeds: this means that pollination is produced by natural things such as birds, wind, insects, etc. This type of seed will re-produce new plants.

Pure and natural seeds: this type of seed is untreated and no pesticide has ever been used.

Once you decide on the type of seed you want to use, you definitely want to make sure that you store them properly. The seeds will be of no value to you in the times of disasters if they have gone bad and you can no longer use them.

One of the better ways to store seeds is in a mason jar or baby food jars. Basically, any water-tight jar where you can make sure the lid is securely closed. In order to keep out any moisture, purchase those little silica packets that you see sometimes in items you purchase.

Store them in a cool, dry place. You can store seeds in a refrigerator or freezer, your dry basement or cellar, a shed or a garage. Just make sure that wherever you decide to store them it is cool AND dry.

Most seeds can be kept for about 4-5 years tops. When you store your seeds, be sure to date them so you know how long they have been on the shelf. If you are an avid gardener, rotate the seeds out and use the oldest ones to grow some items now.

A compost pile in your backyard or off-site property is a great way to fertilize your garden. Put anything that will "melt" down into compost into the pile. There are also compost storage containers you can buy from your local home improvement or hardware store. Composed soil is the best soil for gardening.

You are going to need to think about how you are going to water your garden. If you bug out to your long-term property and it is by a lake or stream you won't need to worry so much about how you are going find water. You just have to figure out how to get it to

your garden area. If you live in the city and go the pot or bucket gardening route, make sure that you buy a hose that will hook up to your sink/faucet if you still have running water. In fact, it would probably be a good idea to have at least two and a repair kit just in case one breaks.

There is another type of gardening known as Hydroponics. Hydroponics allows you to grow vegetables, flowers, etc. without soil. This type of gardening does take some extra work and you have to be able to have an area where you can put this system.

If you have a large enclosure such as a greenhouse, you can hang the growing containers from the ceiling. If you have an area that is longer in length, you can build rows of the containers. The hydroponic garden will require either artificial light or natural light so keep that in mind when attempting to set up this type of garden.

Chapter 9: Storing Food and Water for the Long Haul

This eBook is all about preparing for a disaster and what one, single-most item is needed above all others? Food. If you don't have food you won't survive. If you think that grocery stores will be up and running when a disaster strikes, think again.

The growers have to have fuel to run their equipment to farm the food. The truckers have to have fuel to go and pick the food up and take it to the grocery store. So what happens when this process stops?

No more food. No more food in the inner city. No more food at your local grocery store. Now what are you going to do?

You need to start storing food....NOW. It is never too early to start picking up a couple of extra supplies of food every time you go to the store. There are long term items that you can buy. As with the seeds, rotate the food out so that you never have anything that goes to waste.

So what should I start buying right now to store? Some foods store better than others.

Rice, brown or white. If you buy rice, which is a great staple to have in your long-term food supply, you can seal it (need a mylar bag sealer) in mylar bags with a moisture pack (silica or silicone gel packs) and put it into large 5-gallon buckets (bought at your local home improvement store).

Flour, wheat or white; Oats, Cornmeal, Barley. Seal large bags of these items into mylar bags as well again using a 5-gallon bucket to seal the flour as well. It is double protection.

Beans. Buy as many beans as you can. If you belong to one of those warehouse supply stores, bulk items such as rice, flour, beans and various other food items can be purchased in larger quantities than at the grocery store. Beans supply protein.

Dry, Powdered Milk. When you just can't buy a cow (lol!) dry, powdered milk will do in a pinch. It is not the same taste or consistency as regular milk but it will do if you are in survival mode.

Canned goods. Again, go to your warehouse store, or even if you don't belong to one, stock up on as many canned goods as you possibly can. Don't forget to buy a hand-cranked can opener so that when the electricity goes out you can still access the contents of the can 😊

Fruit. No, not real fruit but freeze-dried fruit that can be reconstituted by adding water.

Pasta and pasta type products are a great survival food to have on hand. Mac and cheese is quick and easy and even if you don't have fresh milk, or powdered milk for that matter, you can always make it with just water. I know, I know, it's not the same but what is our goal here? Survival! Tell the kids to get over it...now!

Try to purchase and have on hand some oils: olive oil and lard.

Do you have a baby or two in your household? Make sure you have plenty of formula set aside. It also wouldn't hurt to think about what else you are going to need for a baby when the lights go out. Cloth diapers, etc.

Pets. What are you going to feed your pets? Pets can actually just eat human food but if you are picky about your pets, start setting aside for Fido or Fluffy right now as well. You don't want your pets to suffer needlessly.

Miscellaneous: canned or potted meat, honey, tea, coffee, dry creamer, peanut butter, nuts, seeds.

Now that you have started setting food aside, you have to be mindful of certain issues. Is the food getting enough oxygen, light, or moisture? Is it exposed to temperature changes? You want to store your food in a dry, cool area just like your seeds.

Another thing to consider is pests. That is why you should really seal any food such as rice, flour, etc. in mylar bags and then within a 5-gallon container. Keep a watchful eye out for mice, rats, ants or any other creatures that think your food is a smorgasbord for them.

Again, the best way to keep a fresh supply of food is to rotate your food out so that when you buy something new, after you start to have a nice supply, put the new in and grab one of the old and prepare it. Food is too expensive to waste and that is the best way to make sure you always have fresh food for storage and fresh food for consumption right now.

Chapter 10: Protecting Your Family

This is probably the section of the book where most people will turn the page and not want to know what it takes to really survive in disasters. That's ok. But don't put your head in the sand or your family's safety in jeopardy just because you think owning something like a gun is a bad thing. Trust me, it is not.

No matter what you have heard on the 6 o'clock news, guns don't harm people, people harm people. You need to keep that in mind when it comes to protecting your family.

Don't think for one minute that when people are in survival mode, they won't do anything and everything in their power to provide or protect their families too.

A gun is a necessity when it comes to survival. Hear me out on this. What if Bob down the road hears that you have a stash of food and then Bob tells his friend Joe? I think you can just imagine what comes next. These people will be on your doorstep demanding that you give up all of the food that you have thoughtfully put away for your family.

Don't think it will happen? It can and it will. Trust me.

You don't have to be afraid of guns. Purchase a gun from a reputable arms dealer, buy some ammunition and take a safety course. Take your whole family so that everyone is familiar with guns and the safety needed in order to have one in your possession.

The more you know about your gun, the smarter you will be with it. Guns can come in handy when you are there to protect those you love. Buy a safe and keep it locked up when not in use. You can be smart about guns. It is usually those who don't know anything about them who fear them the most.

Knives are also great weapons to have in your possession. Knives can be just as effective but you also know how to use one in a protection sense. Just because you have one doesn't mean that it is going to stop an intruder with a gun. You have to be smart about this and think about all the scenarios where a gun or a knife would be the better weapon. You probably want to have both just to be sure.

Take a martial arts class. This is a great family activity and you will all be learning safety at the same time.

A good amount of medical supplies will go a long way in saving your loved ones' lives. Think about this: even a splinter can become infected if not taken care of properly. Medical supplies are easy to buy and easy to store. Also, pick up a medical manual to see what you need to do in case of larger emergencies.

The name of the game here is teaching everyone how to protect themselves.

Chapter 11: Are You Prepared Financially?

You probably haven't given much thought to what would happen when the banks are closed and the ATM shuts down. What are you going to do when you go to the store (while it still has food) and you have to pay with cash because the electronics are down and they don't take debit or credit cards?

Have you ever seriously thought about this scenario? Probably not and you are not alone. Most people in this day and age go around as if nothing will ever happen. Think devastating hurricanes like the one that hit the Gulf Coast in the U.S. – Hurricane Katrina.

That area was devastated for longer than anyone can remember. Everything shut down there and it was a hopeless situation. And that is just one disaster in one area of a country. Think what would happen if it were to happen all over?

It is always a smart idea to have cash on hand. So what does that entail?

That means that you will probably want to invest in a safe. You probably want to have a couple of safes. One for cash and other items (if you buy gold or silver) and probably another larger safe for guns, jewelry or any other items you consider of value.

Smaller safes can be purchased at such places as a home improvement store. Safes are heavy so I would not suggest ordering one off of the internet unless you want to pay more in shipping than the safe itself costs.

Larger, heavier safes can be bought through a gun dealer or sporting goods store. A lot of times they will deliver it to your house (for a fee) and set it up in your house.

There are also smaller fireproof lockboxes which you can use as well to store important documents, etc. But to keep anything of value such as money, you probably want a larger safe.

Of late, when this eBook was written, some countries have had runs on their banks or the banks have closed. There have also been instances where the bank went directly into people's accounts and took their money. Yes, it's true! Do some research and you will see the areas where this has occurred.

It never hurts to have cash on hand when you are thinking about surviving disasters. This will be your only means of paying for anything (unless everything really falls apart and a bartering or trading system has been established again).

Investing in gold and silver is a personal choice but also a wise choice. Coins are a long-term investment and the price can fluctuate greatly. But what are you going to do if that ends up being the means for paying for items when disaster strikes? Don't think it can happen? It can and it might so you would like to be prepared more than being left out in the cold wouldn't you?

Again, this is where a safe comes into play. Anything of value to you should be stored in a safe. Safes are not easily stolen and deter a would-be thief if you happen to not be around.

All of these are personal choice items and not necessities but our philosophy is to be safe (no pun intended) and not sorry.

Chapter 12: Survival Group

Who hasn't heard the old saying that there is safety in numbers? This could never be truer than when disaster strikes. You want to assemble a group of like-minded people who believe like you do.

This type of group will most likely be in rural areas but can be effective no matter where you are hunkering down. People who live in the city are going to have to rely on whatever provisions they have stored away. You can have a watch association and some of the other groups but you won't be hunting or gathering food.

Start a neighborhood watch association. This group of people will be the ones who are on the lookout for suspicious people or strangers that no one recognizes. Get to know everyone in your association. The earlier you can spot intruders or unwanted guests, the earlier you have a leg up on protecting the group as a whole.

Make sure that you have assembled a cache of items for these people. Night vision glasses, bats, pepper spray, etc. If they have their own weapon even better. I can't stress enough in the book that when disaster strikes, people get desperate and do desperate things. All you can do is try to be prepared the best way as you possibly can.

Designate someone as the coordinator. No, that does not mean that they are king or queen (lol!). This just means that they are the go-to person. You need someone who knows what is going on each of the following areas so that resources are distributed evenly. If someone falls ill or you need extra people to pick up the slack or extra coverage, this person will know who is doing what and where:

- **Energy:** Find people who know how to build fires (it is an art), and how to put out fires (preferably firemen). You want to be able to cook and boil water for cleaning dishes and personal hygiene. It is their job to make sure that there is plenty of wood and matches (have these people buy the fire starters).
- **Experts:** Try to have professional services people in your group. You want Doctors, Nurses, etc. Anyone who knows how to take care of sick people is who you are looking for in this group.
- **Food Preparers/Gatherers:** This group is going to include the following people- chefs, cooks, hunters and gatherers. This is one of the most important groups to include. No food and everyone will die of starvation. Try to find people who know how to hunt with a gun, a bow, fishing poles. These jobs are not for

amateurs. The entire group's survival depends on them. Gatherers are people who will be looking for fruits, nuts, natural foods that can be prepared.

- **Security** (active and passive): Again, a neighborhood watch association as mentioned above is a great place to start. It will already be in place and can just be ramped up when disaster strikes. People who are excellent to have in this group are law enforcement officers or ex-military.
- **Mechanical/Electrical:** In this group you want to have people who are skilled at fixing small engines. If you are able to use cars because you have stored gasoline or cars had gas in them when disasters hit, the vehicles will still be able to be used but they may break down. Find electricians who are also good at making electrical repairs.
- **Communications:** You have to think back before cell phones, ipads and computers were available. You are going back to a time before any communication devices were available and rely on scouts, communicators and guards. You need people to be able to communicate with the group what is happening in and around your area.
- **Transportation:** If cars have run out of gas, how are you going to get around? How are you going to transport your garden items? Where and how are you going to transport that deer or other wildlife your food gatherers are providing?
- **Educators:** Are there teachers included in your group? Does someone have a library of books to keep knowledge going? If there are children in the group, when they are not helping with the survival tasks, you might want them to continue to be educated.
- **Pastor/Minister:** Don't really need to explain this one. If you think you need a minister or pastor, great. If not, don't include one.

This is a short list of jobs that can be easily set in motion now so that when disaster strikes there will not be chaos and pandemonium. Everyone will know what their job is and be ready to fall right into that position.

Don't exclude able-bodied children for tasks either. It is going to take everyone to make this work. I know children think they have it hard now when you take away their cell phone or computer, but when they no longer have these devices they will have abundant amounts of time on their hands. If they want to partake in everything the group has to offer, they need to contribute. Let's see...what does that sound like? Oh yeah, days gone by when children were actually children and helped out. (lol!)

Conclusion

This eBook is not intended to scare you. This book IS to prepare you for short- and long-term survival.

You may have heard of some of these ideas before or some may be brand new and you have had an “aha” moment.

The purpose here is to get you prepared. You do not want to be standing in your home one day when everything falls apart and you have not done one thing to prepare you, your family and your loved ones for survival.

The old saying is “Why put off tomorrow what you can do today?” There is never a truer statement than that. This is a scary world and you just never know what is going to happen.

Me, personally, I would rather be on the side of preparing than being left behind in the dark. Literally.

Please don't think you have to go out and do or buy all of these suggestions at one time. It takes money and time to prepare. Don't panic. Just start buying small items here and there and before you know it you will have accumulated enough to survive short-term.

Then, as you start preparing and purchasing more survival items, you will find that you are ready for long-term survival. Prepare your bug out area as well. You never know when you might have to make a run for it.

Good luck and let me know if I can help with any other suggestions.